



2024 Annual General Meeting Minutes

Date: Sept. 7, 2024	Time: 10:30 a.m.
Location: Summit Multi-purpose Room, Mount Pearl and via virtual Zoom meeting	

Attendance:

In-person:

Rebecca Gladney	Alicia Vey (Summit vote)	Denise Pitts
Ann Marie Coady	Rebecca Bobby (SS vote)	Rita Tee
Christina Thorpe	Jackie Hiscock	Samantha Foss (CBS Vote)
Shannon Driscoll	Madison Penney	Melissa Gale
Christa Curnew	Sarah Colven	Maria Reddy
Karen French	Shannon Coupland	Mia Fradsham

Via Zoom:

Suzette Doyle	Lori Chaytor	Erin Powell
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Item No.	Topic and Purpose	Action Item
1	<p>Welcome and Roll Call</p> <p>Attendance sheet circulated in person, included Zoom participants.</p>	
2	<p>Approval of Agenda</p> <p>No changes/additions.</p> <p>Motion to adopt by: Melissa Seconded by: Alicia No objections. Motion passed.</p>	

3	<p>Adoption of Previous Minutes</p> <p>Minutes from 2023-24 distributed and discussed.</p> <p>Motion to adopt by: Alicia Seconded by: Samantha No objections. Motion passed.</p>	
4	<p>Club Reports</p> <p>2/3 received. Attached to minutes.</p>	CBS forward club report by next week and will be attached to AGM minutes.
5	<p>Financial Report</p> <p>Review of financial expenditures and revenues from the 2023-2024 season. Club fees through new system RAMP. Melissa and Alicia helping other clubs.</p>	
6	<p>Board of Directors</p> <p>- Directors at large (non voting members) open seat</p> <p>- Officials Competition Coordinator (Non-voting seat): contacting and filling officials for competitions Melissa nominated Madison Penney Alicia seconded Vote: All in favor. Passed.</p> <p>-Sport Operating Committee for CSG: need 4 positions filled +Equipment: Heather Robbins? +Scheduling: Tara? +Officials/Results: Melissa? +Sports Production Representative:</p>	<p>-Samantha will verify that Heather is interested</p> <p>-Rebecca will clarify that if AQ is not ready, the volunteers from artistic swimming will accompany them at new location, and MORE IMPORTANTLY, will not be required to be in a location other than where artistic swimming is competing</p> <p>-Rebecca will resend CSG 4 roles to clubs to seek further expressions of interest</p>

7	<p>Rule Amendments: waiting on Worlds revisions. Will send to 3 head coaches when available.</p>	
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8	<p>Background on Coaches on Behind the Scenes for parents</p> <ul style="list-style-type: none"> -Coaches had a labor intensive year and more changes coming. -1 coach completed Comp Intro -3-4 completed Aquago 	
9	<p>Coaches and Judges Training New Regulations</p> <ul style="list-style-type: none"> -Sterling check required for coaches (about \$20). Respect in Sport no longer accepted. Inclusion in Aquatics about \$5. Board Members and deck volunteers need vulnerable sector check (free for volunteer) and register on RAMP as volunteer for free. 	<ul style="list-style-type: none"> -Clubs send out link for parents' check and request to register on RAMP to volunteer on deck this year
10	<p>NLAS 50/50</p> <ul style="list-style-type: none"> -Clubs want to participate in another 50/50 -Will offset club costs for officials honorarium 	<ul style="list-style-type: none"> -Seamus/Rebecca check/renew license (new regulations; last year's still may be good) -Rita contact HUB for tickets -Denise coordinate with clubs and collect funds

<p>11</p>	<p>Officials/Honorarium;</p> <p>-new rules coming in Oct./Nov. for 25-26 season.</p> <p>-this season and Canada Games: existing tech elements and figures; only difficulty and acro revamped</p> <p>-removing thank-you gift from hosts</p> <p>-funds come from NLAS 50/50 profit from each club</p> <p>-vote on synch \$10 or \$15 and difficulty \$15 or \$20 (do to longer training) per event. Vote: \$15 and \$20 In favor. Passed.</p> <p>-for major officials; minor officials still parent volunteers</p> <p>-about \$2500 per season between 3 clubs</p>	
<p>12</p>	<p>Setting a minimum coach pay per club and prep time standard; competition</p> <p>-for next season</p> <p>-offer various options for pay schedules, including pay for planning time. Meant to support planning for new executives rather than a directive</p>	<p>-Alicia and Shannon update their club pay scales and share with new exec at CBS</p>

13	<p>Require clubs to provide a tech and synch controller per competition</p> <p>-synch evaluation about 2 fairly short sessions</p> <p>-difficulty (after synch) more detailed about 15 hours. Changes coming so don't complete until about Nov. Synch can be done now.</p> <p>-Completing the courses can be counted as parent volunteer hours (though not on deck; being paid)</p>	
14	<p>AquaGo! Evaluation fees</p> <p>Shannon paid retroactively by NLAS \$20 or \$40 depending on the detail of evaluation for AG coaches. Moving forward, clubs pay the evaluation fee. Voted in favour. Passed.</p> <p>-For Comp Intro and Comp Dev, no one available to evaluate. May have to fly someone in. Coordinate with all clubs to do at once.</p> <p>-Comp Intro required for Ontario competitions</p>	
15	<p>Other Business:</p> <p>-Typo in CAS competitions</p> <p>-MS Swim/Planned Parenthood: Summit hosting fundraising event approx 400-1030pm, Oct. 19. Clinics, info sessions, and fun. Other clubs welcome. Minimum registration/ fundraising to pay for pool time and minimum donation. More details to follow.</p>	
16	<p>Adjournment</p> <p>Motion to adjourn by: Rebecca Bobby Seconded by: Maria Adjourned.</p>	



Board of Directors	
Name	Title
Rebecca Gladney	President
Melissa Gale	Vice-President
Denise Pitts	Secretary
Seamus Power	Financial Officer
Tara Jensen	Chief Referee
Jackie Hiscock	Provincial Officials Chair
Madison Penney (non voting)	Officials Competition Coordinator
Shannon Driscoll	Coaches Chair
Tayler French	Social Media Chair
Alicia Vey (non voting)	Provincial Meet Manager
Christina Thorpe (non voting)	Chief Scorer
Thomas Hawkins (non voting)	Back up Scorer
Rita Tee (non voting)	Member at Large

CLUB REPORTS:

2023-2024 Club Report

Club Name: **CBS Silhouettes**

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2023-24 in your club (membership/club development/ LTAD/coaches and officials)

- Continued to offer open house sessions to promote participation in our club.
- Advertised achievements, exciting events and activities publicly on social media to highlight our club.
- Encouraged family members to participate in competitions by communicating the benefits of volunteering on deck.

(Registration #'s)

Memberships	2023-24
Competitive	18
Recreational	24
General Members	
Associate Members	
Coaches	8
Officials	

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2023-24.

- Hosted a successful provincials competition
- Participated in Atlantics competition with great success from all swimmers.
- 4 swimmers selected for Canada Games team
- 9 swimmers participated in NL games team

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2023-24.

- Purchased a speaker through fundraising efforts and a grant from Rec NL
- Initiated several fundraising events and activities over the past year. Our most successful event was a dance that was hosted for children from kindergarten to grade 6.
- Participation and collaboration with club parents who offered suggestions with fundraising while supporting local businesses.

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2023-24 for your club.

- Internal stakeholders – NLAS 50/50 raffle helped boost club fundraising efforts
- Partnered with local business to provide support with fundraising and club events.

5. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

- CBS athlete of the year (and multiple nominations for club)
- Coaches Peyton & Jillian graduated from HS and Jill graduated MUN.

Submitted by:

Samantha Foss & Danielle Brake



Club Name: St. John's Sea Stars

2023-2024 Club Report

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2023-24 in your club (membership/club development/ LTAD/coaches and officials)

We had our highest numbers in 10 years last year...55 swimmers which is impressive considering our home pool is closed.

Also had a masters program for the first time in years.

One parent did tech control training and we are actively recruiting more.

New coaches: Allie Rogers, Peyton Power

(Registration #'s)

Memberships	2023-24
Competitive	14-15
Aqua Go	26
Masters Competitive	0
Masters Recreational	6-8
Associate Members	6
Coaches	8
Officials	3
Precomp	6

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2023-24.

Sea Stars were 1st in 11-12 solo, duet and team plus 13-15 trio at Provincials 2024 and also had good showings at Atlantics and ON Open

Ten Sea Stars represented St. John's/ north at NL Games 2024 and placed 1st in team, 2nd in championship which is excellent considering most of the team only started in youth figures this summer!



3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2023-24.

We think RAMP registrations will make our club run much smoother.

Did a major overhaul on our handbook this year and will improve communication with parents/guardians.

This was the first year we used a fundraising(/volunteer levy) goal of \$200/swimmer and it increased participation in fundraising and volunteering. Tap is a game-changer for fundraising...our bbq at Kent's was a huge success because of it!

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2023-24 for your club.

In fundraising this past year, our club partnered with Kents Building supplies, Newfoundland Chocolate Company, Coleman's and Chatman's Bakery, focusing on using local NL/Atlantic businesses.

We have ongoing partnerships with the Works (MUN pool), the City of St. John's (Mews pool), Universal Corporate Wear (gear), and Planned Parenthood. We have developed a new partnership with Gonzaga High School in using their space for social events.

5. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

Our head coach Shannon is also coaching the Canada Games 2025 team plus she was nominated for Sport NL's executive of the year in 2024.

One of our caches Catherine Barrett is also chair of the athlete's council for the CAS board.

Submitted by: Rebecca Bobby, club President



2023-2024 Club Report

Mount Pearl Summit

Please provide your answers in point form.

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2023-24 in your club (membership/club development/ LTAD/coaches and officials)

- Tech controller training - 3 difficulty, 1 synch still active

- 2 judges - Try Days in Fall and Frosty Fest

(Registration #'s) **Memberships**

2023-24

Competitive 24

Recreational 40

Masters Competitive

Masters

Recreational 9

General Members

Associate Members

Coaches 14

Officials 9 *TC & Judges



2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2023-24.

- 4 athletes on the 2025 CSG team
- Katie Sr solo & Jr Team ribbons at ON champs

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2023-24.

- Increased fundraising significantly
- Updated many policies throughout the season
- Bulletin Board at Summit Centre & Digital Advertising outside

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2023-24 for your club.

- Corporate Sponsorships and donations received throughout the year to support club activities which strengthened relationships.
- Executive and fundraising committee - all parent driven
- Community involvement through fundraising efforts (Frosty Festival, Mount Pearl softball party, bottle drives)

5. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

- Congrats to all NL Summer Games participants! -

Submitted by: Alice Vey – Head Coach; Maria Reddy – Treasurer; Rita Tee - President